

Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

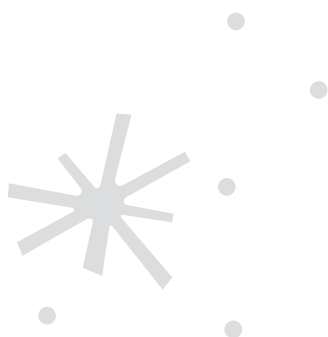
Preparing for birth and the first 10 days

Wednesday, December 9, 2015 and
Wednesday, February 10, 2016
1:00–1:45 p.m.

Vermont Department of Health
WIC Office, 232 Main Street

Even though breastfeeding is normal and natural, the first week or so is a learning time for you and your baby. Join Amanda Pizzollo, Public Health Nurse, and other soon-to-be moms to learn about hospital practices that support breastfeeding and about signs that breastfeeding is going well. Make an infant feeding plan and get confidence-building tips on what to expect from your baby when you get home. Fathers and other supports are welcome too!

Call Amanda at 251-2102 for more information.



A healthy mouth = a healthy smile

Tooth Time for Preschoolers

Wednesday, February 3; 10:30–11:00 a.m.
WIC Office, 232 Main Street

Want to know why your child's first teeth are important? Want to play while teaching your preschooler about his or her teeth? This is an opportunity for 3- and 4-year-olds and you to learn more about their smiles through play. Leave with some games and samples. Join Susan Rand, Public Health Dental Hygienist, for this fun activity.

Call Sue at 254-3287 for more information and to register.

Shopping with your new WIC card

Tuesday, January 12; 11:00 a.m.
Hannaford Store, Putney Road and
Thursday, January 14; 11:00 a.m.
Price Chopper, Canal Street

The new WIC electronic benefits card gives you more flexibility, expanded choices and greater convenience in using your WIC food benefits. Shopping with the new card is easy as you become familiar with the many new choices in your Food Guide.

Join Allyson, Public Health Nutritionist, at the your WIC authorized grocery store for a shopping tour — learn about the specific brands and container sizes, how to use the WICShopper app, what happens at check-out, and how to keep track of your purchases and receipts.

Call Allyson at 251-2104 for more information or to sign up. We need a minimum of 5 families for this activity.

Let's get moving!

Thursday, January 21
10:00–10:45 a.m.
Vermont Department of Health
WIC Office, 232 Main Street

Do you have the mid-winter blahs? Are you and the kids spending too much time on the couch lately? Learn some new ideas for indoor play and have some fun in the process. Come with your toddler and be prepared to move, play and sing with us. Activities are simple, fun and can easily be done in your own home. So shake off the winter blahs and join Cindy Twombly, Public Health Nurse, for this fun activity.

Call Cindy at 251-2139 for more information or to register.

All activities are FREE
of charge!

FIT WIC FUN AND GAMES PAGE

Fun in the snow!

Try these fun winter activities to play in the snow.

Catch Me

This is best in freshly fallen snow.

Procedure: Follow each other's footprints in freshly fallen snow. When fresh snow isn't packed, it will take double the effort (and double the fun!) for both you and your child to walk.

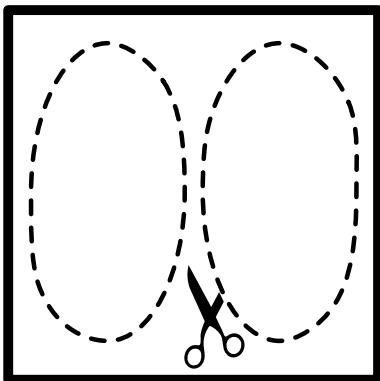
Take turns running after each other in the snow. Make it even more fun by bringing out noisemakers and having a parade through the snow!

Snowshoe Walk

This is best in packed snow.

Procedure: Snowshoes are a lot of fun. If you don't have your own, you may be able to borrow or rent snowshoes from your local recreation center or school. Call to find out. Snowshoes make walking in deep snow easier.

Kids can make their own "snowshoes" with your help by cutting cardboard boxes into an oval shape (or use 2 shoe boxes), punch 2 holes in the center each, and threading a long shoelace (or elastic) through the center which can be tied over your child's boots. Have your child "skate" over the snow. This works best when the snow is a little bit packed.



cut cardboard

